



HEART DISEASE



FACT

Sandy (Center) has the #6 highest heart disease deaths in Utah.

(Based on 63 areas of similar size)

RESOURCES

INTERMOUNTAIN HEART INSTITUTE - ALTA VIEW CLINIC

At Alta View Hospital, our heart experts focus on the diagnosis and care of heart disease. When you choose us for your care, you can expect a quick and accurate diagnosis for heart and vascular symptoms and conditions.

9690 S 1300 East Ste 200

Sandy, UT 84094

Phone: 801-507-3500

HANDS-ON HEALTH



TIPS

It's never too early or too late to be heart healthy! Here are some tips to help keep heart disease at bay:

FIND A DOCTOR AND HAVE REGULAR WELLNESS EXAMS. Talk to your doctor about your diet, lifestyle and have your blood pressure, cholesterol, heart rate, blood sugar and BMI checked.

BE PHYSICALLY ACTIVE. Keep your workout routine interesting by mixing it up and finding new motivators.

DON'T SMOKE AND AVOID SECONDHAND SMOKE. Non-smokers are up to 30% more likely to develop heart disease from secondhand smoke exposure.

EAT A HEALTHY DIET. Eat plenty of fresh fruits and vegetables, fiber-rich whole grains, fish, nuts, beans and seeds. Even try eating some meals without meat.

TAME YOUR STRESS. Long-term stress can cause an increase in heart rate and blood pressure, which may ultimately damage the artery walls. Learning stress management techniques can benefit your body and quality of life. Try deep breathing exercises and find time each day to do something you enjoy!